

# The CaReMeL0 Experience 2025

Thank you for being part of  
CaReMeL0 2025!

The second edition of CaReMeL0 Conference was a resounding success! Hundreds of healthcare professionals from around the world gathered in Warsaw, continuing the transformative movement in cardiovascular, renal, metabolic, liver and obesity care. Together, we are advancing a new era of collaborative, multidisciplinary approaches to improve patient outcomes.

0

Days

0

On-site & Online Delegates

0

Countries

## Social media highlights



**Polskie Towarzystwo Medycyny Ro...** · 3d  ...

Współorganizujemy [#CaReMeLO2025](#) w Warszawie, gościmy lekarzy z całego świata zarówno jako uczestników jak i panelistów. Dyskutujemy, edukujemy, mierzymy się z wyzwaniami w obszarze [#poz](#) - zarówno profilaktyki, diagnozowania, jak i leczenia.

Dziękujemy za Waszą obecność 





ptmr.official and lekarzrodzinny.blog

ptmr.official · Original audio



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ptmr.official 📍 Recap of the first day of CaReMeLO Conference 2025! ✨

See you all tomorrow! 🙌

#PTMR #CaReMeLO2025 #konferencja #kongres #lekarz #medycyna #warszawa

5 days ago · See Original





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ptmr.official Prof. Shlomo Vinker - President of Wonca Europe together with Dr. Alexander Biesiada shared their impressions after CaReMeLO 2025, one of the most important events for family medicine in Europe. 🌍 ✨

These were days full of inspiration, sharing experiences and gaining new knowledge.

We are excited to see the developing cooperation between the Polish Society of Family Medicine and WONCA Europe - this is just the beginning! 🍷

Thanks to everyone who was part of this special gathering. See you on our next occasion!

#Caremelo2025 #medycynarodzinna #PTMR #WONCAEurope #primarycare #współpraca #inspiracja #lekarzerodzinni #lekarz

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karolinaklodamedfit and lekarzrodzinny.blog

🎵 Alex Blue · Gather



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karolinaklodamedfit We have started with the CaReMeLO conference 2025. I am immensely happy about the involvement of the Polish Society of Family Medicine in this endeavor. More details to follow shortly.

#lekarzrodzinny #ptmr #caremelo2025





Liked by [dramit\\_gupta](#) and [others](#)  
[ptmr.official](#) CaReMeLo 2025 is a wrap! 🎉

Hundreds of doctors from around the world met to explore together the challenges related to metabolic diseases – obesity, diabetes, heart and kidney disease. It was a space full of knowledge, inspiration and practical solutions. 🌍👩🏻

The role of family physicians as key players in prevention and treatment has been put into the spotlight. We exchanged experiences, discussed specific cases, and emphasized the importance of a holistic approach to patient care.

Thank you to all participants for your active participation and see you on the next edition! 💪🌟

[#CaReMeLo2025](#) [#chorobymetaboliczne](#) [#opiekaZdrowotna](#)  
[#medycynarodzinna](#) [#profilaktyka](#) [#zdrowie](#) [#PTMR](#)

4 days ago · See Original



karolinaklodamedfit and 2 others  
Sleeping Lion · Done Right

...



Liked by chwastu\_16 and others

karolinaklodamedfit When I received the post of attorney for ds. international cooperation of PTMR, I didn't expect how interesting the task was ahead of me. PTMR [@ptmr.official](#) was a co-organizer of the CaReMeLO 2025 conference, which will gather family physicians from all over the world, taking place on May 30-31 in Warsaw. Thanks to the trust of Professor Agnieszka Mastalerz-Migas and the support of Dr. Aleksander Biesiada, we prepared an interesting and highly appreciated meeting.

We gathered almost 400 people on-site and over 750 people online from different countries. We leaned on the situation of patients with one of the most common diseases we encounter - obesity and its metabolic-kidney-vascular complications. For me, sharing experiences has been the most overwhelming part alongside being open, meeting and expressing opinions by other doctors.

I would like to sincerely thank all participants and the numerous and insanely competent representation of PTMR lecturers and moderators. Justynie Ledwoch for excellent integrity in the panel discussion, Michalina Bou-Matar for sensational leadership of the discussion, Joanna Iskrze-Trifunović and Joanna Szel dyg for interesting presentation of cases, Magda Bujnowska-Fedak and Małgorzata Koziarska-Ro Justciszewska for leading the 3rd edition of the oral presentation session, Mateusz Szmidt for discussing the case with his innate tactic and after a sense of humor and finally Magda K nądziorze for professional moderation.

Special thanks to Mateusz Babicki for chairing the evaluation of the submitted abstracts, as well as my dear Alina Kuryłowicz, Mariusz Wyle Specoń and Paweł Balsam for accepting the invitation to the performances. Thank you for your commitment Jan Biegus.

Separate thanks to Dr. Biesiada - Alka - it is always a pleasure for me to work with you. But I beg you, let's take a break from big projects. 😊😊😊

[#ptmr](#) [#lekarzrodzinny](#) [#caremelo2025](#) [#otyłość](#) [#crm](#)  
[#konferencja](#)





Lekarze Rodzinni z Podlasia is with Mateusz Szmidt.

2d · 🌐

Wczoraj w Warszawie zakończyła się, współorganizowana przez [#PTMR](#), międzynarodowa konferencja lekarzy rodzinnych [#CaReMeLO](#) . Przez dwa dni lekarze... [See more](#)

The international conference of family doctors [#CaReMeLO](#), co-organized by [#PTMR](#), ended yesterday in Warsaw. For two days, family doctors from all over the world talked about caring for a patient with diabetes, obesity, heart disease, kidneys, liver. It was an incredible opportunity to share experiences, discuss challenges, opportunities and risks. There was also a Podlasie accent. Our doctors, Joanna Szeląg and [Mateusz Szmidt](#) took part in discussion panels and presented interesting patient cases. Congratulations!

⚙️ [Rate this translation](#)



👍❤️ 10

3 shares





Joanna Szeląg is with Kłoda Karolina and 9 others.

3d • 🌐

The end of [#CaReMeLO](#), a conference co-organized by [#PTMR](#), which gathered over 1000 family doctors from all over the world 🥰. For two days we talked about taking care of a patient with multiple illnesses, the latest therapies, diagnostic options. I had the pleasure of hosting a session and delivering a lecture here together with Professor Luiza Vonghia and Dr Juan Mendive 🥰 Sharing experiences, talking about challenges, difficulties and opportunities in family medicine. Meeting colleagues from all over Poland

Thank you for the invitation. I'm happy I was part of this event 🥰

Congratulations [Aleksander Biesiada](#) and [Karolina Kłoda](#)  
Great organization 💪



👍❤️ 47

7 comments



Agata Kulkowska-Gaj

4d · 🌐



During the break [#CaReMeLo](#) [#chwalipostik](#) - 29.05.2025 another PTMR meeting in Opole was held - this time we trained in urology.

Were the Speakers

[Rafał Olejnik](#) - provincial consultant in the field of urology, urologist, FEBU specialist

[Jacek Chęłchowski](#) - urologist, FEBU Specialist

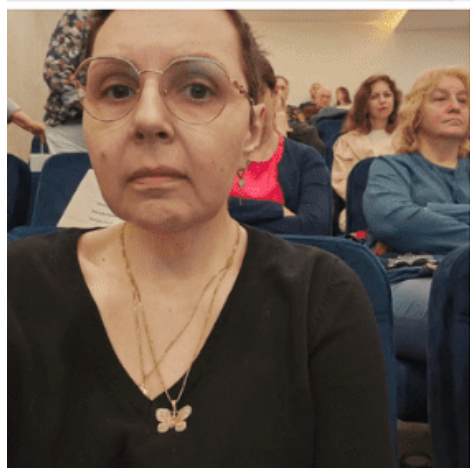
Maciej Pozowski - urologist, FEBU specialist.

Colleagues gave lectures on thyroid cancer, bladder, urinary tract infections and infection prevention, and also showed how to replace ambulatory patients with adrenal tract. Unfortunately, the show was only cinematic, but we had a lot of enthusiasm! 😎

I believe that after such a training they will be firing with a cylinder after the treatment 😊😎💪

Thank you very much to everyone for such a presence, I am especially happy about two things - that I see that the same doctors are coming, but I am also happy that even doctors from Le ,nica welcome us 😎

Thank you to the medical youth too, great to see you learning 😍



1 share





Agata Kulkowska-Gaj is 😊 feeling happy with ...  
Kłoda Karolina and 13 others.

3d · 🌐

#CaReMeLo dobiega końca. Cieszę się, że lekarze rodzinni są tak oddani kształceniu siebie i innych, zaangażowani w zmienianie leczenia a zatem losów naszych chorych, wspaniale, że spotykamy się w międzynarodowym gronie, możemy wymieniać doświadczenia i wiedzę. Wspaniale jest spotkać tylu fantastycznych naukowców i prelegentów. Jestem dumna, że jestem częścią takiej społecz... See more

#CaReMeLo is coming to an end. Glad that Family Doctors are so dedicated to educating themselves and others, committed to changing treatment and therefore the fate of our patients, great to meet internationally and share experiences and knowledge. Great to meet so many fantastic scientists and speakers. Proud to be a part of such a community! ❤️

EDIT: I was just posing for these photos and I need to work on posing so I don't look like a black widow with a hydrangea 🤔🤔🤔 Everyone is posing like models here, experience is experience 🤔



👍❤️ 24



## Wojewódzki Szpital Specjalistyczny im J. Korczaka w Słupsku

2h · 🌐

...

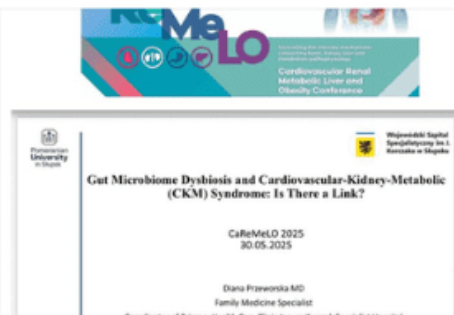
The doctor of the future hospital POZ gave a lecture at an international medical conference. 🍌🍌🍌

👩 Between 30-31.05.2025, Dr. Diana Przeworska, Family Medicine Specialist, Counseling Coordinator POZ WSS Słupsk participated in the CaReMeLo 2025 International Scientific Conference in Warsaw.

👩 The conference was about cardiovascular and metabolic diseases.

👩 Representing the Voivodeship Specialized Hospital in Słupsk and the Pomeranian University in Słupsk the doctor gave a presentation on the role of the intestinal microbiome and its impact on chronic diseases. It was an opportunity to represent the Voivodeship Specialist Hospital in Słupsk on the international arena, among the group of excellent specialists from all over the world.

#POZSzpital, #POZHubalczyków, #lekarzrodzinnySłupsk, #CaReMeLo, #DianaPrzeworska







**Kiran Sanghera** • 3rd+

Renal Pharmacist at King's College Hospital NHS Foundation ...

4d • Edited • 🌐

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I had a lovely time presenting at the [#CaReMeLO](#) (Cardiovascular, Renal, Metabolic, Liver and Obesity) conference 2025 in Warsaw, Poland today. It was exciting to hear so much interest in the project and the role of multi-specialist pharmacists! 🇬🇧





Ciara Doherty • 3rd+

+ Follow ...

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3d • 🌐

Had a great time presenting at the CaReMeLO 2025 (Cardiovascular, renal, metabolic, liver and obesity) conference in Warsaw, Poland yesterday.







Amelia Carro Hevia · 3rd+

MD, PhD, Instituto Corvilud, Spanish Society of Cardiology, S...

+ Follow ...

## CARDIO-RENAL-HEPATIC-METABOLIC (CRHM) SYNDROME Proposing an expanded framework

I'm very excited to share with you some perspectives on this issue, that is the main focus of current [#CaReMeLO2025 Cardiovascular, Renal, Metabolic, Liver and Obesity Conference](#)

Here my review and slides

Cardiometabolic (CM) diseases are a growing global health crisis, with conditions like obesity, type 2 diabetes (T2D), atherosclerotic cardiovascular disease (ASCVD), heart failure, chronic kidney disease (CKD), and metabolic dysfunction-associated steatotic liver disease (MASLD) increasingly recognized as interconnected rather than isolated.

Recent advances—including the American Heart Association's (AHA) 2023 proposal of the Cardiovascular-Kidney-Metabolic (CKM) syndrome—highlight the need for integrated care.

However, the liver's pivotal role has been underappreciated.

Key Points for Healthcare Professionals:

- 1 The traditional approach of managing CM diseases as separate entities is outdated; shared pathophysiological mechanisms and overlapping risk factors demand a holistic strategy.
- 2 MASLD is cause and consequence of metabolic dysfunction, closely linked to insulin resistance and obesity, and bidirectionally associated with CKM syndrome progression.
- 3 The new CRHM framework incorporates the liver alongside the heart, kidneys, and metabolic system, reflecting the true complexity of inter-organ dynamics in these patients.
- 4 The 2024 EASL-EASD-EASO guidelines include CM criteria in the diagnosis of MASLD, underlining its integration into the broader CM disease spectrum.
- 5 MASLD is highly prevalent among patients with other CM disorders and substantially increases the risk of CVD mortality, non-fatal CVD, coronary artery disease, heart failure, CKD, T2D, and other complications.
- 6 A new staging system for CRHM syndrome is proposed, ranging from no risk factors (Stage 0) to clinical CVD with end-stage organ disease (Stage IVb), to guide prevention, diagnosis, and management.
- 7 Advances in pharmacotherapy (e.g., SGLT2 inhibitors, GLP-1 receptor agonists, GIP/GLP-1 receptor agonists, finerenone) demonstrate benefits across multiple organ systems, supporting the need for an integrated management approach.

Recognizing and treating CM, renal, and hepatic conditions as a unified syndrome can improve patient outcomes by addressing the root causes and shared pathways of disease. This approach aligns with recent calls for a paradigm shift in obesity and metabolic disease management, as highlighted by The Lancet Diabetes & Endocrinology's 2025 commission on clinical obesity.

Healthcare professionals should adopt a comprehensive, multi-organ perspective in the prevention, diagnosis, and management of CM diseases, with special attention to the liver's role in disease progression and therapeutic targeting

### ARTICLE SOURCE

Nikolaos Theodorakis Maria Nikolaus-McCordic  
<https://lnkd.in/dr8kkZ8c>

The banner features the CaReMeLO logo on the left, which includes icons for a heart, kidney, liver, and pancreas. To the right of the logo is a stylized illustration of a human torso showing internal organs. Below the logo, the text reads: "Cardiovascular Renal Metabolic Liver and Obesity Conference", "Warsaw & Online", "30-31 May 2025". At the bottom left, it says "Amelia Carro Hevia (Spain)". At the bottom right, there is a small logo for "gems" and the website "CaReMeLO.kenes.com".

You and 34 others

5 comments · 8 reposts



Magdalena Kowalska-Lira, MD • 3rd+

Lekarz

4d • Edited •

+ Follow ...

📍 CaReMeLo Conference 2025 in Warsaw – heart, kidneys, metabolism and oncology in the context of obesity 🧠❤️🩺

Today I had the pleasure to participate in the 1. On the day of the international CaReMeLo conference, which took place in Warsaw. The event brought together doctors from all over the world to talk about the challenges at the intersection of cardiovascular, kidney, metabolic and liver diseases – closely related to the global problem of obesity.

It is not only a review of the latest research, but above all an important voice in the discussion on how an integrated approach to the patient can change the face of medicine.

💡 What will I remember in particular?

👉 Emphasizing that obesity is not only a risk factor, but a full-fledged disease? which affects multiple chips at once.

👉 The need for cooperation between specialists – cardiologists, nephrologists, endocrinologists, oncologists and dieticians – is becoming more and more obvious.

Many thanks to the organizers, speakers and participants for inspiring discussions and valuable conclusions.

Tomorrow will be continued.

📌 Who of you was also at the #CaReMeLo? What impressed you the most?

#CaReMeLo2025 #Warszawa #medycynarodzinna #PTMR  
#CardioRenalMetabolic #Obesity #ZdrowiePubliczne #MedycynaPrzyszłości  
#Interdyscyplinarność #Otyłość



👍 6

1 comment • 1 repost





Amelia Carro — Instituto Corvilud · 5d



## DESCIFRNADO LA ENFERMEDAD RENAL METABÓLICA

- 📌 Enfermedad renal crónica asociada a obesidad
  - 📌 Abordaje actual y retos futuros
  - 📌 Gran resumen de la Dra Isabel Cornejo Pareja
- #CaReMeLO2025 #cardiokidneymetabolic  
#obesity #atencionprimaria  
#primarycarephysicians #semaglutide #medEd

### Enfermedad Renal Crónica Asociada a la Obesidad: Fisiopatología y Abordaje Terapéutico

#### Diagnóstico

TABLE 1 Potential early biomarkers of kidney injury in ORG

Biomarker	Localization	Reference
KIM-1	Proximal tubule	74
Cys C	Glomerulus, proximal tubule	75
NAG	Proximal tubule, distal tubule	74
NGAL	Proximal tubule, distal tubule	75
Podocin	Glomerulus	76,79
Nephrin	Glomerulus	76,79
Podocin/nephrin ratio	Glomerulus	79
PCX	Glomerulus	76,80
GluAp, AlaAp	Glomerulus, proximal and distal tubule	81
Klotho	Proximal and distal tubule, collecting duct	81
OPN	Proximal tubule, distal tubule	75,82
Netrin-1	Proximal tubule	83

CKD273: panel 273 péptidos (proteoma urinario)  
-EC PRIORITY - detección temprana ERC

Descifrando la Enfermedad Renal Metabólica: Abordaje Actual y Retos Futuros

### Conclusiones

La enfermedad renal crónica asociada a la obesidad es una patología con un deterioro de la función renal y albuminuria, produciendo complicaciones cardiovasculares y renales.

El diagnóstico precoz y preciso (albuminuria, filtrado glomerular) para poder establecer un tratamiento temprano es fundamental.

En el manejo de la ERC y obesidad es fundamental el control del exceso de peso, estando recomendado un abordaje intensivo con fármacos cardiovasculares y renales de esta población de alto riesgo.

Descifrando la Enfermedad Renal Metabólica: Abordaje Actual y Retos Futuros





**Aleksander Biesiada** @lekbiesiada · 4d



[#caramelo2025](#) is underway - an international conference co-organized by [@PTMR\\_rodzinni](#) in the area of heart, vascular, kidney, liver and metabolism diseases. We are hosting doctors, especially [#poz](#) from all over the world.

Many challenges: early diagnosis, access to medicines, coordination, guidelines



Photo gallery